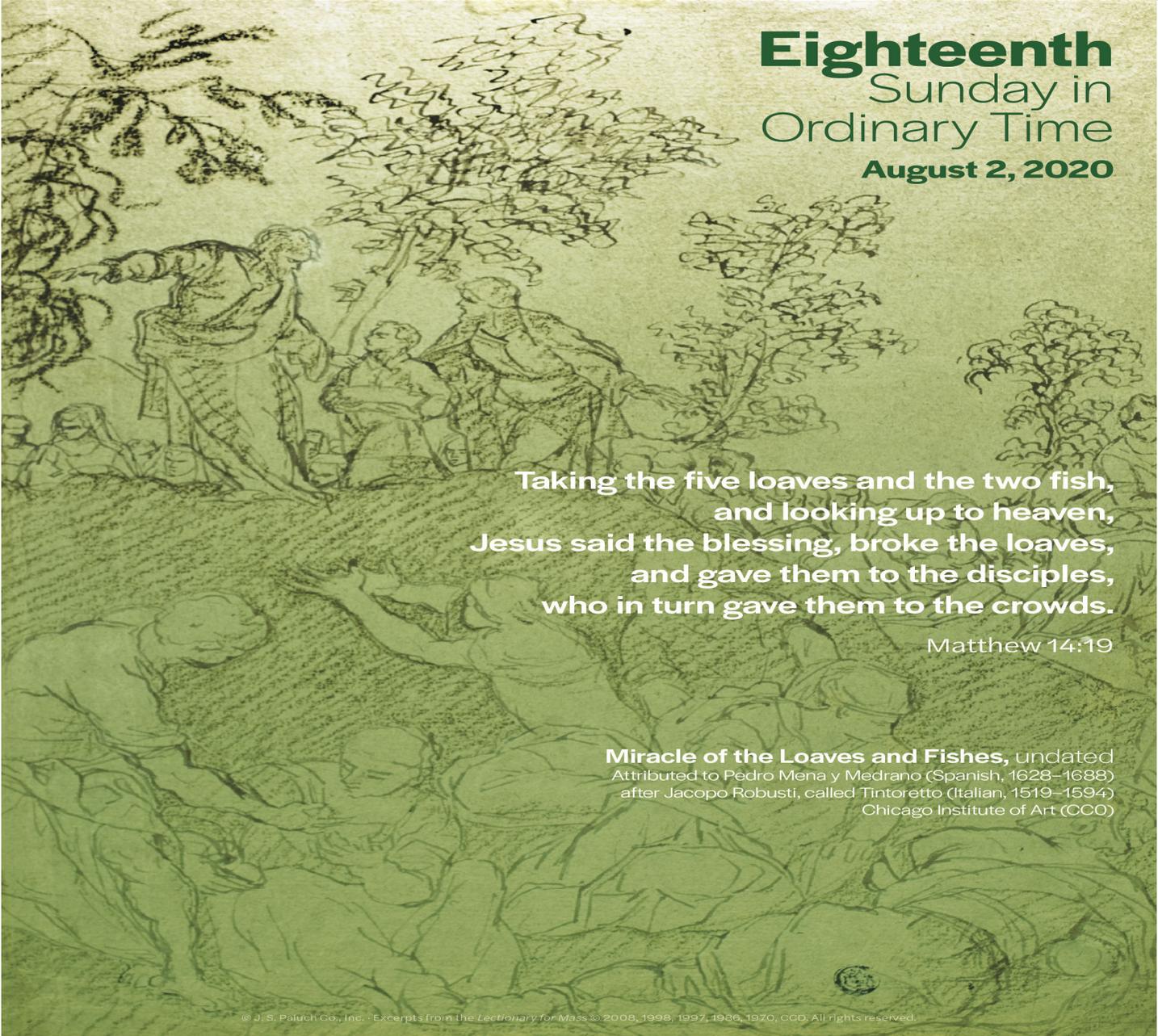


# St. Catherine of Siena Catholic Church Martinez, California

**Eighteenth**  
Sunday in  
Ordinary Time  
**August 2, 2020**



Taking the five loaves and the two fish,  
and looking up to heaven,  
Jesus said the blessing, broke the loaves,  
and gave them to the disciples,  
who in turn gave them to the crowds.

Matthew 14:19

**Miracle of the Loaves and Fishes**, undated  
Attributed to Pedro Mena y Medrano (Spanish, 1628–1688)  
after Jacopo Robusti, called Tintoretto (Italian, 1519–1594)  
Chicago Institute of Art (CCI)

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## LITURGY SCHEDULE (All Masses are Livestreamed)

**SUNDAY:** 8:30 AM (Upper parking lot - outdoors)  
Pre-Online registration on the website.  
11:00 AM Livestream Only  
Drive-thru Communion after the 11 AM Mass

**ADORATION:** No Adoration - TBD  
**RECONCILIATION:** By Appointment Only  
**SPIRITUAL DIRECTION:** Please call the office.

**DAILY ROSARY:** Monday - Saturday 7:30 AM Livestream  
**DAILY MASS:** 8:00 AM Livestream Only  
**DIVINE MERCY CHAPLET:** 8:30 AM Livestream

## PARISH & SCHOOL STAFF

PARISH OFFICE: (925) 228 - 2230  
FAX: (925) 228 - 1318

Fr. Anthony Huong Le,  
Parochial Administrator - Ext 6  
franthonyl@stcmtz.org

**CHURCH LOCATION:**  
606 Mellus Street, Martinez, CA

**PARISH OFFICE/CENTER & MAILING ADDRESS:**  
1125 Ferry Street  
Martinez, CA 94553-1720

**PARISH WEBSITE:** [www.stcmtz.org](http://www.stcmtz.org)  
**OFFICE HOURS: PLEASE CALL FOR APPOINTMENT**

**Sylvia Lloren** Ext. 1  
Office Administrator/Sacramental Coordinator/Bulletin  
sylvial@stcmtz.org

**Troy Killorn** Ext. 3  
Director of Music Ministry / Maintenance Manager  
troyk@stcmtz.org

**Karen Glen** Ext. 4  
Bookkeeper / Safe Environment Coordinator / RCIA  
kareng@stcmtz.org

**Andrea Watkins** Ext. 5  
Director Religious Education (K-8)  
Family Sunday Faith Formation Ministry  
andreaw@stcmtz.org

**Deacon Albert Dizon** Ext. 7  
dcnalbertd@stcmtz.org

**Deacon David Holland** Ext. 7  
dcndaveh@stcmtz.org

**Paul & Jennifer Holland** Ext. 8  
Co-coordinators, Confirmation Ministry  
paulh@stcmtz.org & jennyh@stcmtz.org

### ST. CATHERINE ELEMENTARY SCHOOL

Jessica Griswold, Principal

[jgriswold@csdo.org](mailto:jgriswold@csdo.org)

SCHOOL K-8: 604 Mellus Street,  
Martinez, CA 94553

TELEPHONE: 925-228-4140

FAX: 925-228-0697

OFFICE HOURS: 9AM – 2 PM

SCHOOL WEBSITE:

<http://school.stcatherinemartinez.com>

ST. CATHERINE PRE-SCHOOL

Mea Auld, Pre-School Director

[mauld@csdo.org](mailto:mauld@csdo.org)

[scpreschool@comcast.net](mailto:scpreschool@comcast.net)

PRE SCHOOL LOCATION: 1125 Ferry Street, Martinez, CA

**SAFE ENVIRONMENT:** Before serving or continuing in your ministry or organization, please complete the Diocesan required Safe Environment for Children Project Training @ [www.virtusonline.org](http://www.virtusonline.org)



## Congratulations

Cylas Quijano  
Theodore Getty  
Thomas Getty

Who were newly baptized in our parish  
during the month of July



Baptisms are currently being scheduled for one family per weekend. Check our website for requirements. Or you can call the parish office for more information.



## Day and Time Change

St. Vincent de Paul Food Pantry

**Now on Saturdays**

Beginning on Saturday Aug 1<sup>st</sup>

Hours: 10:00 am until 1:00 pm (Parish Center)

**By appointment only**

**Call: 925-289-7793 or (925) 788-7409**

The Catholic Voice is now available online  
at [www.catholicvoiceoakland.org](http://www.catholicvoiceoakland.org)

“Let’s stay connected” via one of our many  
social media platforms:

**Parish Website:** [www.stcmtz.org](http://www.stcmtz.org)

**Bulletin:** [stcathmtz@yahoo.com](mailto:stcathmtz@yahoo.com)



**Facebook:**

<https://OfficialStCatherineofSienaChurch>



**MyParishApp:**

Please download:

**myParishApp** to your phones.

**Step 1.** Text App to number 88202.

**Step 2.** Download the app via the link.

**Step 3.** Search for St. Catherine of Siena Parish, Martinez.

# St. Catherine of Siena Parish follows Jesus by welcoming all, sharing our gifts, and giving glory to God.

Taking the five loaves and the two fish, and looking up to heaven, Jesus said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds.

Matthew 14:19

**Eighteenth**  
Sunday in  
Ordinary Time  
**August 2, 2020**

## LONGING FOR SPIRITUAL WELL-BEING

The word of God serves up a tremendous feast for us today. Isaiah beckons all who hunger and thirst to come to the Lord for satisfaction. The psalmist cries out, “The hand of the Lord feeds us; he answers all our needs.” Saint Paul tells us that nothing can separate us from the love of God. Finally, in the Gospel, we hear the story of the miraculous feeding of over five thousand people from a mere five loaves and two fish. Most of us have our material needs met on a day-to-day basis. These scriptures, nevertheless, have much to say to the contemporary believer. We must ask ourselves, “Where are my deepest hungers? Where are my thirsts?” After material needs are satisfied and, in some cases, over-satisfied, many people still experience a deep longing for spiritual balance and well-being. As the loaves and fish are multiplied in today’s Gospel, perhaps our prayer can be a longing for the satisfaction of the deepest needs that only God can fill.

## ADMITTING OUR HELPLESSNESS

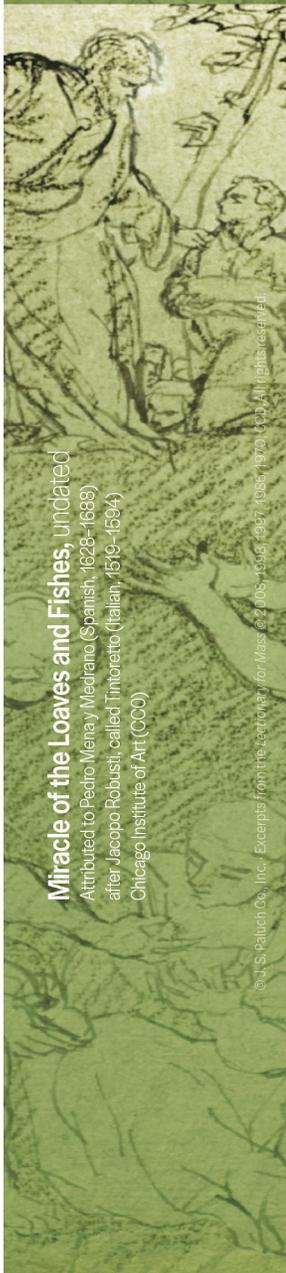
Jesus’ disciples, after a long day of preaching and healing, find themselves confronted with thousands of hungry people who need to be fed. They themselves were no doubt hungry and thirsty. In desperation, they turn to the Lord and ask him to tell the people to go to the towns and villages to buy food. Jesus tells them to give the people food themselves. They admit that they can come up with only five loaves and two fish, hardly enough to feed even themselves. It was only after the disciples admitted their total helplessness in the situation that the miracle of the multiplication of the loaves and fish occurred. Where is the lesson for us? It is in admitting our helplessness in life’s most difficult moments that a miracle may perhaps be waiting for us.

## MIRACLES OF MULTIPLICATION

Many believers admit that when faced with life-threatening illness, all that can be done in many instances is to throw one’s hands up in total helplessness and, in desperation, call upon God. The miracle that can occur is often not a cure of the illness. The miracle may be the strength and courage given by God to move through the pain and grief with hearts of faith. Remember what Saint Paul tells us today. “For I am convinced that neither death, nor life ... nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.” When we know deep hunger for meaning and direction, when we are at our lowest, let us heed the words of the prophet Isaiah, and come to the Lord, that we may have life. If five loaves and two fish can be multiplied miraculously to feed thousands, then surely the compassion and love of Christ Jesus can be multiplied again and again for those whose hearts hunger and thirst for healing and wholeness.

## TODAY’S READINGS

Isaiah 55:1–3  
Psalm 145:8–9, 15–18  
Romans 8:35, 37–39  
Matthew 14:13–21



Miracle of the Loaves and Fishes, undated

Attributed to Pedro Meno y Medrano (Spanish, 1628–1688)  
after Jacopo Robusti, called Timonetto (Italian, 1519–1594)  
Chicago Institute of Art (200)

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*Weekly bulletins are now available outside of the church for your reading pleasure. Look for the clear boxes hanging by the choir side and between the school and front doors of the church.*

# 17th Sunday in Ordinary Time

## July 26, 2020

### Gathering Hymn:

#### As We Gather at Your Table:

NETTLETON

1. As we gather at your Table, As we listen to your Word, Help us know, O God, your presence: Let our hearts and minds be stirred. Nourish us with sacred story Till we claim it as our own; Teach us through this holy banquet How to make Love's vict'ry known.

2. Turn our worship into witness In the sacrament of life; Send us forth to love and serve you, Bringing peace where there is strife. Give us, Christ, your great compassion To forgive as you forgave; May we still behold your image In the world you died to save.

Text: 87 87 D; Carl P. Daw, Jr., © 1989, Hope Publishing Co. All rights reserved. Used with permission. Music: J. Wyeth's Repository of Sacred Music, Part II, 1813.

### Penitential Act:

**Gloria:** Glory to God in the highest...

#### First Reading **IS 55:1-3**

Thus says the LORD: All you who are thirsty, come to the water! You who have no money, come, receive grain and eat; Come, without paying and without cost, drink wine and milk! Why spend your money for what is not bread; your wages for what fails to satisfy? Heed me, and you shall eat well, you shall delight in rich fare. Come to me heedfully, listen, that you may have life. I will renew with you the everlasting covenant, the benefits assured to David.

#### Responsorial Psalm

**PS 145:8-9, 15-16, 17-18**

**R.** (cf. 16) **The hand of the Lord feeds us; he answers all our needs.**

The LORD is gracious and merciful, slow to anger and of great kindness. The LORD is good to all and compassionate toward all his works.

**R.** **The hand of the Lord feeds us; he answers all our needs.**

The eyes of all look hopefully to you, and you give them their food in due season; you open your hand and satisfy the desire of every living thing.

**R.** **The hand of the Lord feeds us; he answers all our needs.**

The LORD is just in all his ways and holy in all his works. The LORD is near to all who call upon him, to all who call upon him in truth.

**R.** **The hand of the Lord feeds us; he answers all our needs.**

#### Second Reading: **ROM 8:35, 37-39**

Brothers and sisters: What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? No, in all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

#### Alleluia:

**R.** **Alleluia, alleluia, alleluia.**

One does not live on bread alone, but on every word that comes forth from the mouth of God

**R.** **Alleluia, alleluia, alleluia .**

#### Gospel

**MT 14 : 13-21**

When Jesus heard of the death of John the Baptist, he withdrew in a boat to a deserted place by himself. The crowds heard of this and followed him on foot from their towns. When he disembarked and saw the vast crowd, his heart was moved with pity for them, and he cured their sick. When it was evening, the disciples approached him and said, "This is a deserted place and it is already late; dismiss the crowds so that they

can go to the villages and buy food for themselves.” Jesus said to them, “There is no need for them to go away; give them some food yourselves.” But they said to him, “Five loaves and two fish are all we have here.” Then he said, “Bring them here to me,” and he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied, and they picked up the fragments left over— twelve wicker baskets full. Those who ate were about five thousand men, not counting women and children.

**Presentation of the Gifts:**  
**Come to the Water** John Foley SJ

1. O let all who thirst, let them come to the water. And let all who have nothing, let them come to the Lord: without money, without price. Why should you pay the price, except for the Lord?
2. And let all who seek, let them come to the water. And let all who have nothing, let them come to the Lord: without money, without strife. Why should you spend your life, except for the Lord?
3. And let all who toil, let them come to the water. And let all who are weary, let them come to the Lord: all who labor, without rest. How can your soul find rest, except for the Lord?
4. And let all the poor, let them come to the water, Bring the ones who are laden, bring them all to the Lord: bring the children without might. Easy the load and light: come to the Lord.

Text: Based on Isaiah 55:1–2; Matthew 11:28–30. Text and music © 1978, John B. Foley, S.J., and OCP. All rights reserved.

**Communion: Behold the Lamb** Martin Willett

1. Those who were in the dark are thankful for the sunlight; we who live, we who die are grateful for his gift, thankful for his love.

**Refrain:** Behold, behold the Lamb of God. All who eat, all who drink shall live; and all, all who dwell in God shall come to know his glory.

2. Peaceful now, those whose hearts are blessed with understanding of the wheat, of the wine united with his word and the love we share.

**Refrain:**

3. Gentle one, Child of God, join with us at this table. Bless our lives; nourish all who hunger for this feast; shelter them with peace.

**Refrain:**

4. Lord of all, give us light. Deliver us from evil. Make us one; be our shield. Make still the winds that blow; cradle us with love.

**Refrain:**

Refrain text: Based on John 1:29. Text and music © 1984, OCP. All rights reserved.

**Sending: Thanks Be to God**

CHARIS / Stephen Dean

1. Thanks be to God whose love has gathered us this day; Thanks be to God who helps and guides us on our way. Thanks be to God who gives us voice that we may thank him: Deo gratias, Deo gratias, Thanks be to God most high.

2. Thanks be to God for all the gifts of life and light; Thanks be to God whose care protects us day and night. Thanks be to God who keeps in mind us who forget him: Deo gratias, Deo gratias, Thanks be to God most high.

Music: CHARIS; Text and music © 1994, Stephen Dean. Published by OCP. All rights reserved.

# Faith Formation & Sacraments

IGNITE ~ DISCIPLESHIP ~ FAITH FORMATION ~ CONFIRMATION ~ RCIA

**FAITH FORMATION (Grades K-8)** – Andrea Watkins (Director of Religious Education)  
(925) 228-2230 Ext 5 or email: [andreaw@stcmtz.org](mailto:andreaw@stcmtz.org)

Coming together after Shelter in Place, the completion of our Sacramental program for the prior year 2019 – 2020 has the following dates scheduled:

- Monday, Sept 21: Final Holy Communion Class for parents and children
- Saturday, Sept 26: First Holy Communion Retreat
- Monday, Sept 28: First Reconciliation
- Saturday, and Sunday, October 3 and 4: First Holy Communion Masses

**CONFIRMATION (Grades 9-12)** - Jenny and Paul Holland (Youth Confirmation Leaders)  
(925) 228-2230 Ext 8 or email: [jennyh@stcmtz.org](mailto:jennyh@stcmtz.org)

Confirmation Gatherings: Beginning again on Sundays @ 12 noon in the Upper Yard.  
Watch for upcoming details.

- Parent Gatherings will be coming soon.
- Date of Confirmation to be scheduled with the Diocese of Oakland, TBD

**Rite of Christian Initiation - RCIA** – Karen Glen (RCIA Leader)  
(925) 228-2230 Ext 4 or email: [kareng@stcmtz.org](mailto:kareng@stcmtz.org)

- Catechumens, Candidates and Confirmandi are receiving their sacraments in private Holy Masses by the end of June 2020.
- Continued education, known as the Mystagogy period will continue via Zoom meetings through July 2020.
- **New classes will begin August 26th.**

## ***NEW FOR 2020-2021 FAITH FORMATION YEAR***

**IGNITE** – Cindy Buscaglia (Ignite Leader) [cindyb@stcmtz.org](mailto:cindyb@stcmtz.org)

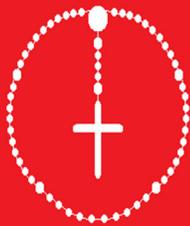
*Keep a look out for **IGNITE**, our **Discipleship Team** that includes all components of Formation (Faith Formation, Confirmation, RCIA, Bible Study, etc.)*

***Registration available online for all Faith Formation programs beginning July 1<sup>st</sup>.**  
Look for upcoming information for Bible Study, Small Group Studies and many other Adult Faith Formation opportunities.*





**SPIRITUAL**



**FIRST AID KIT**

Dearest Brothers and Sisters in Christ,

Although we are separated through social distancing, sheltering in place, physical infirmities or other reasons, we want you to know that you are not alone. You are always in the heart of God, and you are continually in our hearts and prayers. **To assist in staying close as a parish family we have assembled this Spiritual First Aid Kit with worship aids and sacramentals that have been blessed by Fr. Anthony.** Our hope is that as you use them in faith, that they will bring to mind our Lord's great love for you and that they will aid you on your spiritual journey with God; the Father, the Son, and the Holy Spirit.

The Ignite & Parish Discipleship Team together with Our Hospitality Team

If you are interested in receiving a kit contact Debbie Pelizzari at [debpelizzari@comcast.net](mailto:debpelizzari@comcast.net) or (925) 370-3874

**FIRST AID KIT** includes: Breaking Bread book, Holy Water, blessed Salt, prayer cards & pamphlets, blessed Miraculous Medal, & a blessed Brown Scapular.

## PARISH REGISTRATION

Are you Registered with our Parish? Has your family status changed? If you would like to register or update your current family information with the Parish, you may do so with our new on-line form located on our website, [www.stcmztz.org](http://www.stcmztz.org) or call the office, and we can help you with any update.



## DISCIPLESHIP

To empower a community of Christian people walking together as disciples of Jesus in order to share His good news.

## MASS INTENTIONS FOR THE WEEK

<b>SAT</b>	<b>8/1</b>	<b>8:00</b>	Donna Souza†
		<b>4:30</b>	Walter & Michael Narodzonek†
<b>SUN</b>	<b>8/2</b>	<b>8:30</b>	Olga Maria Araujo
		<b>11:00</b>	Nancy Flores
		<b>1:00</b>	All Souls in Purgatory†
<b>MON</b>	<b>8/3</b>	<b>8:00</b>	Int. Isreal Gabriel- Birthday blessing
<b>TUE</b>	<b>8/4</b>	<b>8:00</b>	Nicholas Billecci†
<b>WED</b>	<b>8/5</b>	<b>8:00</b>	George Avila Jr.†
<b>THU</b>	<b>8/6</b>	<b>8:00</b>	Special Intention
<b>FRI</b>	<b>8/7</b>	<b>8:00</b>	Gingee Sirzum†
<b>SAT</b>	<b>8/8</b>	<b>8:00</b>	†
		<b>4:30</b>	Norberto Quisumbing†
<b>SUN</b>	<b>8/9</b>	<b>8:30</b>	Thomas & Eva Hernandez Family†
		<b>11:00</b>	†

### For Emergency Anointing of the Sick

(Only for those who are experiencing an imminent death)

Call (925) 228-2230 Ext 6

Please leave your name, phone #, address



St. Catherine Parish offers deepest sympathy and prayers for the family; and, the repose of the soul of all who entered into eternal life.

Victims of the Coronavirus

### Prayer for the Pandemic Corona Virus Situation

*“So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal”*  
(2 Corinthians 4:16-18).

*“I will be with you always” (Jesus)!*

*Yours in Christ,  
Fr. Anthony and Pastoral Staff*



**STEWARDSHIP**  
To create a culture  
in the parish rooted  
in gratitude and  
generosity.

**WEEKLY CONTRIBUTIONS**

July 25, 2020

		<b>ON-LINE</b>
<b>Weekly Offering:</b>	<b>\$ 5,137.00</b>	<b>\$ 2,055.00</b>
<b>Diocese Collection:</b>	<b>\$ 285.00</b>	
<b>Divine Renovation:</b>	<b>\$ 200.00</b>	
<b>Donations:</b>	<b>\$ 150.00</b>	
<b>Organ Fund:</b>		<b>\$ 28.00</b>
<b>Parish Maintenance:</b>		<b>\$ 40.00</b>
<b>School Support:</b>		<b>\$ 50.00</b>
<b>St. Vincent de Paul:</b>		<b>\$ 40.00</b>

**Activity Center/Gymnasium: PACE I, II, FTP**

**Repurposed Donations:**

# Households/Individuals: **18**  
Amount **\$ 70,935.10**

**Reclaimed Donations:**

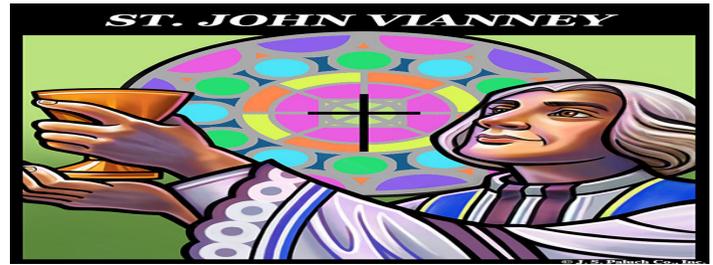
# Households/Individuals **7**  
Amount: **\$ 78,734.00**

**Year to Date**

	Household/Individuals
<b>Repurposed: \$503,569.48</b>	146
<b>Reclaimed: \$214,877.08</b>	46

**CRS RICE BOWL COLLECTION**

Due to Lent having been interrupted by the COVID-19 pandemic, we did not collect the donations for CRS Rice Bowl at the end of Lent as we normally do. If you have not already done so, we ask that you count up the money in your Rice Bowl box and write a check to the parish, with **“Rice Bowl”** written in the memo line. Drop the check in the Sunday collection basket, bring it by the parish office or mail it in. Remember that when you give to Rice Bowl, *25% stays locally, most of which goes to feed those in need in our diocese, through groups like St. Vincent de Paul.* Thank you for participating in CRS Rice Bowl this past Lent!



**SAINT JOHN MARY VIANNEY (1786-1859)**  
**August 4**

A busy pastor jokingly suggests the secret of John Vianney’s holiness: “He died seventeen years before tele-phones!” Call they didn’t, but visit they did, keeping Vianney eighteen hours a day in the confessional. Stories abound of reading hearts and exorcisms, but Vianney’s first miracle was getting ordained. Difficulty with studies delayed him, prompting the rector’s apology to the bishop, “So far to ordain just one, especially *this* one!” The bishop, who could not know he was ordaining the future patron saint of parish priests, replied, “No burden to ordain one good priest!” In Ars, only an elderly handful attended Mass, “praying,” one told Vianney, “for a priest with brains.” But he stayed forty-two years, fulfilling the promise he made the day he arrived. In a sculpture just outside the village Vianney points skyward: “Show me the way to Ars,” he tells a boy, “and I’ll show you the way to heaven.” To someone who feared there was no heaven beyond the grave, Vianney smiled, “My child, it would have been heaven enough to have lived as Jesus’ disciple on earth.”

—Peter Scagnelli, Copyright © J. S. Paluch Co.

**PRAYER AND HUMILITY**

Arm yourself with prayer rather than a sword; wear humility rather than fine clothes.

**FREE  
FOOD DISTRIBUTION  
Monday, August 3  
9 AM – 11:30 AM  
or until supplies last  
WHERE**

**Christ the King Church  
199 Brandon Road, Pleasant Hill,  
CA 94523**

**Enter on Gregory Lane  
In partnership with Food Bank of Contra Costa &  
Solano and White Pony Express.**

**FIRST COME, FIRST SERVED  
DRIVE UP OR WALK UP  
DO YOU NEED HELP?**

**Call St. Vincent de Paul at Christ the King  
at 925-246-1131**





*Keeping Holy the Sabbath Day involves participating in the Eucharist, as well as preserving Sunday as a day of rest and relaxation.*

God said to Moses, “**Remember the sabbath day—keep it holy.**” Six days you may labor and do all your work, but the seventh day is a sabbath of the Lord your God. You shall not do any work, either you, your son or your daughter, your male or female slave, your work animal, or the resident alien within your gates. For in six days the Lord made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested. That is why the Lord has blessed the sabbath day and made it holy. (Exodus 20:8-11)

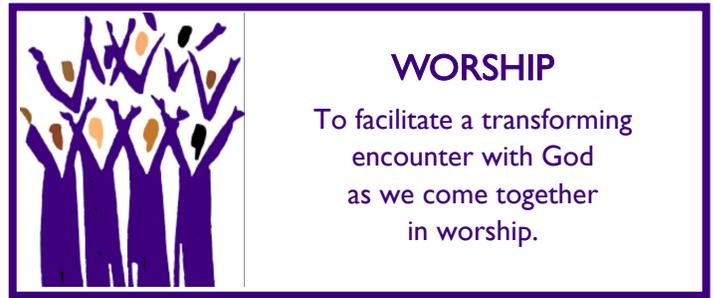
Oddly enough, this command from God is often **one of the most difficult to follow in the modern era.** Yet, refraining from work is extremely difficult in a society that is fast-moving and puts a strong emphasis on production.

At the same time, the commandment is broad and the Catholic Church has laid down **general guidelines** in hopes that it can help us observe it. The Catechism of the Catholic Church explains the **primary way** we keep Sunday “holy.” The precept of the Church specifies the law of the Lord more precisely: “**On Sundays and other holy days of obligation the faithful are bound to participate in the Mass.**” “The precept of participating in the Mass is satisfied by assistance at a Mass which is celebrated anywhere in a Catholic rite either on the holy day or on the evening of the preceding day.” (CCC 2180)

This can be fulfilled by attending and actively participating in Mass at your local parish, or at a different Catholic church when traveling. The obligation to physically attend Mass is lifted for those who are homebound, sick or in areas affected by COVID-19.

Besides attending Mass, Sundays are always designed to be **days of rest and relaxation for both body and soul.**

Just as God “rested on the seventh day from all his work which he had done,” human life has a rhythm of work and rest. The institution of the Lord’s Day **helps everyone enjoy adequate rest and leisure to cultivate their familial, cultural, social, and religious lives.** (CCC 2184)



It is a bit more difficult to follow the second part of God’s commandments, especially when most businesses remain open on Sundays in nearly every country around the world.

The Church **does not condemn** those who work on Sundays, but encourages civil leaders to be conscious of the need for rest and urges those who have the freedom to choose, to abstain from all unnecessary work. Sanctifying Sundays and holy days require a common effort. Every Christian should avoid making unnecessary demands on others that would hinder them from observing the Lord’s Day. Traditional activities (sport, restaurants, etc.), and social necessities (public services, etc.), **require some people to work on Sundays, but everyone should still take care to set aside sufficient time for leisure.** With temperance and charity the faithful will see to it that they avoid the excesses and violence sometimes associated with popular leisure activities. In spite of economic constraints, public authorities should ensure citizens a time intended for rest and divine worship. Employers have a similar obligation toward their employees. (CCC 2187)

Everyone needs to discern their own situation and how they can best **carve out intentional time on Sunday for both worship and leisure.**

The important part is to be **intentional**, recognizing our duty to God, while also weighing all other responsibilities we may have.

## The Transfiguration of the Lord August 6, 2020





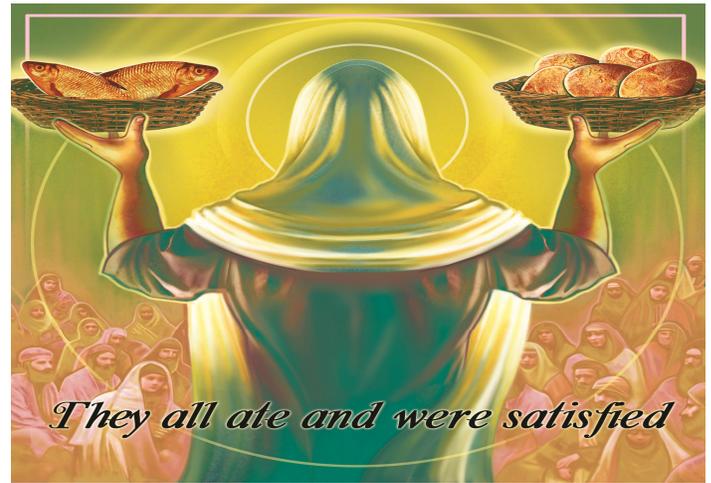
Dear Families in Christ,

In today's Holy Gospel, (Matthew 14: 13-21) Jesus reacted to the death of His first cousin John the Baptist, the son of His Aunt Elizabeth, husband of Zacharias. John baptized Jesus in the River Jordan at the beginning of His ministry amidst the presence of the Holy Spirit dove. John's cruel death was a blow for Jesus because of his beheading by King Herod whose lust by young Salome's provocative dance at Herod's birth feast swears a rash oath that results in John's death in a filthy obscure dungeon. Salome was the daughter of Herodias, who danced before her stepfather Herod Antipas, as a reward she insisted for the head of John the Baptist.

In Jesus' grief, He withdrew to a deserted place where He responds with pity and cures the sick. Jesus' needs for solitude reflect His grief and needs to ponder the fate that awaited Him. He seeks isolation and disciples' evening as the passage of time and a quiet weary mood. Despite the feeling of dissolution, Jesus takes charge, giving orders, and evoking confidence. The throng shifts Jesus' focus from His emotional need to the needs of the enormous crowds around Him. Jesus said to them, "there is no need for the crowds to go away; we will feed them with food." He ordered the crowds to sit down on the grass.

With concealed truth than they realize, the disciples confess, "We have no food." This is the heart of Matthew's Gospel. What follows is a clear Eucharistic language that suggests the story is not as an instance of God-invoking human miraculous generosity. Only God can take our paltry offerings and transform them into the bread of life and into food for the world.

The Disciples mention "five," we only have five-loaves of bread and two fish. The Disciples' shoul-



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ders shrug in resignation. But Jesus again takes charge-- instructing them and ordering the enormous crowds. Jesus looking up to heaven taking the five loaves of bread and the two fish, said the Eucharistic blessing, broke the loaves and gave them to the disciples who, in turn, fed them to the hungry crowds. Everyone ate and satisfied. About five thousand men not counting women and children. This sacramental moment is clearly highlighting Jesus' Eucharistic rite of taking, blessing and breaking the bread of life.

Matthew's gospel is a spectacular revelation of a miracle in the Eucharistic setting depicting God's cure for hunger. This magnanimous feeding of satisfied 10,000 people on the grass stands in stark contrast to King Herod's obnoxious and nauseating birthday feast that ended the life of John the Baptist. The abundance of gracious food and Matthew's portrayal of Jesus' feeding of gigantic populace present Jesus as the Lord and Divine. The cause of great joy in our life is the daily opportunity to encounter Jesus Christ in our Blessed Sacrament.

There is something enormously healing and peace to dwell with Jesus in prayer in front of the Eucharistic tabernacles. By following Jesus, he promptly and clearly challenges us to change our behavior—to be honest, just, and generous with all. It is a simple formula for living that flows from the joy of God's mercy and presence and leads to an increasing joy. Amen.

May God bless you all.

C.C. Salonga

## READINGS & REFLECTIONS

Join in the Weekly Scripture Reflection with the Clergy

Tuesdays (via ZOOM) 7:00 – 8:15 PM

Please call the office (925) 228-2230 Ext 4 or 7 to be connected to the link.

**Sunday, Aug 02, 2020** EIGHTEENTH SUNDAY IN ORDINARY TIME

### The glass is still half empty

August is National Water Quality Month, which may not sound exciting, or even like a religious issue. Yet the sacred character of water is attested from the Creation story, in which God's Spirit hovers over the waters, during the corrective flood in Noah's time, at the Red Sea's freedom crossing, up to the cleansing sign of Baptism. Isaiah issues the divine invitation: Come to the water! But what if that water is risky to drink, as it is for some of our nation's citizens and a sizeable percentage of the world population? Support clean water projects, because water is life. **TODAY'S READINGS:** Isaiah 55:1-3; Romans 8:35, 37-39; Matthew 14:13-21 (112). "Thus says the LORD: All you who are thirsty, come to the water!"

**Monday, Aug 03, 2020** A port for any storm

Jesus' mother Mary has many titles—one of them is Our Lady, Star of the Sea. Under this name, she is a protector of seafarers. But Mary is a guiding star for all of us as we seek her son through the storms of life. Saint Bernard of Clairvaux wrote: "If the winds of temptation arise; if you are driven upon the rocks of tribulation look to the star, call on Mary. If you are tossed upon the waves of pride, of ambition, of envy, of rivalry, look to the star, call on Mary." Don't lose sight of her, and you won't lose your way to Christ. **TODAY'S READINGS:** Jeremiah 28:1-17 (407); Matthew 14:22-36 (408). "Lord, if it is you, command me to come to you on the water."

**Tuesday, Aug 04, 2020** MEMORIAL OF JOHN VIANNEY, PRIEST

### Come to the curer of souls

Most male Catholic saints were priests. Some were priests whose great intellect sparked important theological concepts. Others traveled to exotic places to teach about Christ. Still others died as courageous martyrs. But the French saint John Vianney—commonly known as the Curé of Ars—became a saint simply by being an ordinary, but extraordinarily dedicated, parish priest. In French, the word *curé* means "pastor," or one who is "charged with the care of souls." Vianney cared for thousands of souls who sought spiritual healing in the confessional, where he spent up to 16 hours a day. Seek ordinary ways to be holy today. **TODAY'S READINGS:** Jeremiah 30:1-2, 12-15, 18-22; Matthew 14:22-36 or 15:1-2, 10-14 (408). "People brought to him all those who were sick."

**Wednesday, Aug 05, 2020**

MEMORIAL OF THE DEDICATION OF THE BASILICA OF SAINT MARY MAJOR

### The Word made flesh set in stone

How many papal basilicas are there in Rome? St. Peter's gets primary attention, but actually there are three more, each with its own rich history, including St. Paul Outside the Walls and St. John Lateran. The one whose dedication we celebrate today, St. Mary Major (Santa Maria Maggiore) pays homage to Mary our mother and her role in the life of her son. Pope Sixtus III built this basilica after the Council of Ephesus (431) decreed that Mary is the mother of God incarnate (*Theotokos*). The

theology is important. Once again, the church makes clear that Jesus is human life, and we look to Mary's unflinching love, as Godbearer and first disciple, for inspiration. **TODAY'S READINGS:** Jeremiah 31:1-7; Matthew 15:21-28 (409). "With age-old love, I have loved you."

**Thursday, Aug 06, 2020** FEAST OF THE TRANSFIGURATION OF THE LORD

### Shining like the sun

The story of Jesus' Transfiguration is important enough to be part of Matthew, Mark, and Luke's gospels, and the Feast of the Transfiguration has been celebrated since the ninth century and officially on the Roman Catholic calendar since the mid-15th century. This emphasis points toward our deep human longing for transcendence, for a glimpse of divine light such as that experienced by Peter, James, and John. What can you do today to open yourself up to Jesus' light? Perhaps pray for the gift of perception, of receptivity to God's presence. **TODAY'S READINGS:** Daniel 7:9-10, 13-14; 2 Peter 1:16-19; Matthew 17:1-9 (614). "And he was transfigured before them; his face shone like the sun and his clothes became white as light."

**Friday, Aug 07, 2020** MEMORIAL OF CAJETAN, PRIEST

### Faith takes courage

Since the first followers of Jesus, the church has had its struggles, but always, the Holy Spirit keeps the church faithful. Courageous people in every age rise up to lead renewal within the church. In the early 1500s, that person was Cajetan, who felt the pain of the Body of Christ and dedicated himself to doing something about it. With friends, he founded a group of clergy dedicated to trusting in God's providence and claiming no property nor money from the people—the opposite of clergy at the time who were becoming wealthy off the backs of the people. In time, the same church that Cajetan sought to reform recognized him as a saint. Who are the courageous ones in your life who help you stay faithful? Draw strength from them to help institute necessary reforms in our time. **TODAY'S READINGS:** Nahum 2:1, 3; 3:1-3, 6-7; Matthew 16:24-28 (411). "Whoever wishes to come after me must deny [themselves], take up [their] cross, and follow me."

**Saturday, Aug 08, 2020** MEMORIAL OF DOMINIC, PRIEST

### Listening is the first step in preaching

Into a 13th-century world where few knew basic theology, and wealthy, mediocre preachers traveled with retinues, Dominic brought dramatic change. He encouraged his friars to study the essentials of the faith, preach eloquently, live simply on what they could beg, and leave enclosed monasteries to reach out to people where they saw the need. By putting himself amid people, Dominic found opportunities to brilliantly counter the Albigensian heresy, a popular dualism that saw spirit as good, matter as evil, and denied the Incarnation. Take time to hear what others are saying so that you are sure to respond as Dominic did with the gospel of love that promotes the dignity of all. **TODAY'S READINGS:** Habakkuk 1:12—2:4; Matthew 17:14-20 (412). "If you have faith the size of a mustard seed . . . nothing will be impossible for you."

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